Summer Classes
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UAA Mat-Su Home of the Mat-Su College Arctic Dragons

Mat-Su Monitor

MARCH 2021 VOLUME 44 NUMBER 4

Check out summer classes starting May 17

Deadline to apply for Spring Commencement April 23.

emPowered by Mat-Su College

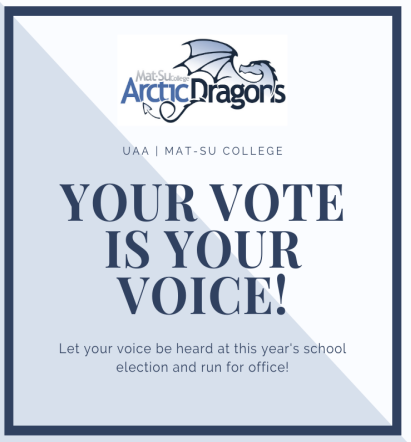
By Nick McDermott

Mat-Su College (MSC) Arctic Dragons are all over the Valley and making our community a great place to live. In my opinion, you can judge a community by the quality of its pizza! Today we are going to get to know one of MSC student's making the Valley better one pie at a time. That student is Angeli Kristovich, co-owner of KGB Pizza.

Angeli started her MSC Journey in 2018. She learned about our hometown college at the Alaska State Fair. After that chance introduction, she visited the campus and says it was "beautiful, everyone was extremely nice, and there were no red flags that stopped anything. I was enrolled and in class within weeks! That is one of the greatest decisions I have ever made!"

Her time at MSC has empowered her to take the reins of her business and we can all take a lesson from her determination. From her passion for pizza to her time at MSC, we caught up with Angeli so we could see the ingredients of her success.

See **emPowered** *page 3*


Mat-Su College
Arctic Dragons
UAA | MAT-SU COLLEGE
YOUR VOTE IS YOUR VOICE!
Let your voice be heard at this year's school election and run for office!

Upcoming Events

March 22: Fall 2021 class schedule available in UAOnline.

March 24: Journey Event - Diabetes Prevention and Management 12 - 1 pm.

March 26 - Journey Event - NCBI Social Inclusion & Equity Half Day Exposure Workshop 8:55 am - 12:30 pm

March 30: Journey Event - Does the media promote or hinder justice? 6:30 – 7:30 pm.

March 31: Financial Aid workshop on FAFSA and scholarship applications. Open to current and prospective students. See matsu.alaska.edu for details.

March 31:April 5: Registration opens to students with 90+ credits.

March 31: Campus Event - Free Group Nutrition Education Session 12 - 1 pm.

April 6: Registration opens to students with 60-89 credits.

April 7: Registration opens to students with 30-59 credits.

April 7: Campus Event - Free Group Nutrition Education Session 12 - 1 pm.

April 8: Registration opens to students with 0-29 credits.

April 9: Registration opens to students with pending fall applications.

April 13: Deadline to complete a slide for the graduation ceremony.

April 19: Registration open to anyone.

April 20: Journey Event - Eating More Vegetables

April 23: Deadline to apply for spring graduation.

April 27-May 1: Finals week.

May 6: spring 2021 grades available in UAOnline.

May 17-June 21: First 5-week summer session.

May 17-July 31: 10-week summer session.

Club meeting times

Mat-Su Monitor: Wednesdays 2:00 PM- 3:00 PM. ZOOM

Student Government Council: Wednesdays 1:00 PM to 2:00 PM. ZOOM

Check https://matsu.alaska.edu/calendar/ for updates.

Art & Studies

By Rachell Goodall

Walden University did some studies and found that visual arts can change the wiring in your brain, strengthening areas that manage stress. In a study they found there is an improvement in psychological resilience, that can help you cope with future stress. I have found in my own experience that art boosts my confidence, gives me time to reflect and to still. We all have the ability to create something beautiful, I encourage you to take up an art class and find out more about yourself through art.

Source: "Does Art Boost a Student's Critical Thinking?", walden.edu

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Distance Learning During the Covid-19 Pandemic

By Mayrhi Sundberg

Three high school/college students study at the Valley Hotel 24/7 Open Café on Thursday, February 25, 2021.

The Covid-19 pandemic restrictions have made academic life challenging for many students. Motivation, participation, and enthusiasm can easily slip away, so it's important to incorporate different methods of studying to stay on track. Studying at a cafe with friends is a good solution to keep motivation and progress; and although this might seem straight forward, without proper knowledge this "productive

See **STUDYING** *page 3*

Mayrhi and classmates studying at the hotel.

UPCOMING
FINANCIAL AID WORKSHOP!
Financial Aid Advisors will be available to answer questions and assist with FAFSA and scholarship applications.
Wednesday, March 31st 3pm – 4pm
Please visit https://matsu.alaska.edu/ for Zoom Meeting information or call 907.745.9762
Don't miss the Deadline
IT'S NOT TOO LATE!
to apply for financial aid!

MAT-SU MONITOR
MARCH 2021

Interviews with new staff

Mat-Su College is planning for the future. The 2019 budget cuts are behind us (somewhat) and a post-COVID world is visible ahead of us (kinda). It is time to fill critical positions that have been empty for too long. The Monitor is here to introduce you to these new hires who students will interact with one way or another.

In the second of our interviews series, we talk with Allison King. Allison has recently joined the library staff. Find out more about her in her interview!

Meet Allison King, Cataloging Technician

What's your background, personally and/or professionally?

I am from Fort Worth, TX. I studied music at Ouachita Baptist University and Texas Christian University, and I studied library science at the University of North Texas. Previously, I have worked at the Fort Worth public library, Tarrant County College library, and Texas Christian University's music library.

What do you do on campus?

I am the cataloging technician at the library. When new items arrive at the library, I process the items and put their information into the library catalog.

So far, what do you enjoy most about your job? Is there anything that frustrates you?

I like seeing all the new items as I catalog them. Also, my coworkers are really great, and I look forward to the pandemic ending so I can see them more frequently.

Do you have any goals you want to accomplish in the short term or exciting projects coming up?

When I arrived, my desk area had four bookshelves stacked with books, plus a full book cart, and my desk also had lots of books on it, all of which were waiting to be processed and cataloged. I have been steadily working my way through it all so that there will be room for more new books.

What are some of your hobbies or interests outside of work?

I like to read. Also, I play clarinet and saxophone.

Is there anything else you want readers to know about you or what you do on campus?

When I moved here mid-January, that was the first time I set foot in Alaska. I've spent the rest of my life in the warmer climes of Arkansas, California, Florida, and Texas.

Heather's Top 8 Ways to Fail a Class

By Heather Deadmond

8 Procrastinate on everything.

Due tomorrow? Do tomorrow.

7 Don't bother talking to your classmates or professor.

Many people have said that your classmates and professors are there to help you when you need it. They are handy for such things as reminding you of due dates, sparking ideas, and engaging in healthy debate and discussion. But what do they know? Trying to do everything yourself is a sure-fire way of reaching your goal.

6 Leave as early as possible.

There are so many better things you could be doing with your time other than studying for a successful future, right? That lunch date is so much more important than the upcoming exam review day! You gotta do what you gotta do.

5 Homework? That exists?

I've heard of this thing they call "homework". Apparently it's not fun, and definitely useful for passing a class. Best to avoid it all together. Put those due dates from your mind and keep watching Netflix. Especially when Stranger Things season 2 comes out this Halloween, everyone's grades are going to plummet anyway. (I know mine will!) [*Now it's clear we're reprinting an old classic -- Editor]*

4 Sleep in!

Your brain needs sleep, much more than it needs knowledge. Good for you for taking care of what's really important!

3 Don't read anything that you're assigned.

You may have heard from some people that reading assignments are super easy to "fudge" by reading the last chapter on the assignment and calling it good. Those people are absolutely correct. Psh, reading. What a useless way to pass the time.

2 Take an extra-long break.

Spring Break may be "officially" over, but it's never too late to go on another one! Take a week off for no reason and make sure no one knows. That is a great plan. It's still spring, after all.

1 Don't go to class.

The number one, tried and true way to achieve your goal of failing a class is to just don't go! No

See **TOP 8** *page 7*

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The *Mat-Su Monitor* is the student newspaper of Mat-Su College. The *Monitor* aims to report college news and serve as a forum for student writing. The *Monitor* seeks submissions of news, editorials, and short fiction from all students, staff, and faculty of Mat-Su College. All students are invited to attend the *Monitor*'s weekly meetings. Details on participating in or submitting content to the *Monitor* can be found at *https://matsu.alaska.edu/offices/student-government/student-clubs/mat-su-monitor.cshtml.*

The Mat-Su Monitor is funded by the Mat-Su College Student Government Association and our advertisers. For information on advertising in the *Monitor* contact Micah Muer at mwmuer@alaska.edu or 907-745-9758.

The opinions expressed the *Monitor* article are solely those of its authors. They do not necessarily reflect the opinions or policy of the college, its students and employees, or the wider University of Alaska system.

Studying *continued from page 1*

studying" can easily slip into the realm of "unproductive time spent out."

Something to consider when studying at a café, is that you don't have a lot of space at your disposal. Choose tasks that require little material. For example, choosing to do math assignments would mean you'd have to have room at your table for an open textbook, possibly your laptop, and room for your papers and notes to lay out. If you happened to be studying with friends, they would have no room themselves. A reading or writing assignment that only requires a book or laptop would ensure you had room for your refreshments, studying material, and friends.

Studying with friends can serve as enough encouragement to study; however, without the proper precautions, all your friends may serve as is a distraction. College Info Geek, an online resource for students, suggests that "the key with study partners is to be selective and to find someone who stays on task." Studying with a best friend, or someone you get easily distracted with, is an easy way to turn your productive studying into pure social enjoyment. It may be wiser to study buddy with someone who is as dedicated to making the study session productive as you are. If you do choose to study with someone you get easily distracted with, make an agreement at the beginning to set discussion aside until after a certain amount of studying is accomplished.

With the proper studying material, and the productive study buddies, you also need the right environment to serve your purpose and allow you to focus. Avoid a busy diner or social hotspot and go somewhere more relaxed. Students often find that cafes and small restaurants serve this purpose.

My friends, Llewelyn and Flora, and I studied at the Valley Hotel 24/7 Open Café. We worked on history and social science assignments that only required a laptop or book. To ensure we wouldn't distract one another, we made an agreement at the beginning to get some studying done before conversation. The café we chose to study at was very welcoming and subdued, and we had ample room for our work and hot dinner. The study techniques we used helped us stay on track and ensured that we had a very good study experience.

Mat-Su College
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STUDENT GOVERNMENT ELECTIONS
SCHOOL YEAR 2021-2022
Applications to run for office need to be in by April 2nd
Contact student government for more info at:
uaa_mscstudentgov@alaska.edu
or on the Student Government website!

EMPOWERED *continued from page 1*

When and why did you get your passion for pizza? And, when did you take over KGB Pizza?

My husband and I bought KGB Pizza in February of 2020. My husband was the shop manager and delivery driver for the prior owner for a little over two years. The prior owner told us that he was moving away and wanted to sell the shop, and gave us first dibs on buying it. We agreed and my husband was trained how to cook pizzas and that's that!

What makes your food so good?

The recipe, fresh ingredients, and extremely high standards for a clean shop. Small changes happened to the recipe throughout the chain of learning and cooking, but ultimately the credit goes to fresh ingredients, our hard work and determination, and Pioneer Pizza!

How far along are you with your classes?

Currently, I have 63 credits total and I'm 12 credits away from receiving an AAS General Business degree. Originally, I was in school for an AA, but when this pizza shop opportunity came about, I changed my major to make it more applicable to my current situation. After I graduate with an AAS General Business degree, I plan on continuing my education on a quest for my bachelor's degree in Business with the University of Alaska Anchorage as well.

How have the classes at MSC helped you with your business?

Classes and club involvement on campus at Mat-Su College have helped me find my voice as an adult by giving me the tools I need to be a better speaker, listener, writer, and leader. I love when I notice myself using something I learned from college in my everyday life as a business owner. I often think to myself, "I would be so lost when it comes to business activities if it weren't for the classes I have already taken!" So, it's an understatement to say I am happy with the insight, knowledge, and help that is available to me as a current college student in tandem with running a small business.

alumni success stories ... show that hard work will pay off.

Do you have a message for future students?

If you are considering college, you should take that consideration to the Student Services office and get enrolled! The people in Student Services are so nice!! They will literally hold your hand if you need it to get enrolled. I was so nervous at first, but I found out that the hardest part of getting enrolled was getting over my own fears that I was too old, too poor, or not smart enough. Don't let your fears and worries stop you from creating bigger and better goals for yourself! Going to college will enrich your life in so many amazing ways that you can't even imagine right now. Doors will open that you never expected, and you will learn things that will mold you into a better version of yourself. You can't go wrong with investing in yourself- you deserve it!!

You recently let MSC put a banner up at your business -- Why do you think it is important for the community to support the University?

It is important for everyone to support the University in their neck of the woods because an educated community results in a safer and stronger society. I know in my case, ever since I was enrolled at UAA-Mat-Su I have felt a strong sense of belonging in this community, and I have a desire to be an asset, and a part of its growth and progress. It is a really humbling and awesome feeling!

All of us here at MSC would like to thank Angeli Kristovich for sharing her journey with our campus and sharing her story with the community. Student and alumni success stories are important to show that hard work will pay off. If you are an alumni or student with a powerful story to share, or are willing to host an "emPowered by Mat-Su College" banner at your business, please contact Nick McDermott at nmmcdermott@alaska.edu.

Alumni sign for KGB Pizza

Register for summer classes now!

Summer classes start May 17. Visit uaonline.alaska.edu to get started today.

Courses with an asterisk (*) satisfy the General Education Requirements.

ANTHROPOLOGY

ANTH A101	*Intro to Anthropology
ANTH A200	*Alaska Native Cultures
ANTH A200	*Alaska Native Cultures
ANTH A200	*Alaska Native Cultures
ANTH A205	*Biological Anthropology
ANTH A250	*Emergence Complex Societies

ART

ART A105	Beginning Drawing
ART A160	*Art Appreciation
ART A203	Introduction to Art Education
ART A261	*History of Western Art I

BUSINESS ADMINISTRATION

BA A131	Personal Finance
BA A151	*Business Foundations
BA A231	Fundamentals of Supervision
BA A241	Business Law I
BA A242	Business Law II

BIOLOGY

BIOL A100	*Human Biology
BIOL A112	*Human Anatomy & Physiology
BIOL A112L	Human Anat & Phys II Lab

CHEMISTRY

CHEM A105	*General Chemistry I
CHEM A106	*General Chemistry II

COMPUTER INFORMATION SYSTEMS

CIS A110	Computer Concepts in Business

GEOGRAPHY

GEOG A101	*Intro to Geography

GEOLOGY

GEOL A111	*Physical Geology

HISTORY

HIST A101	*Western Civilization I
HIST A101	*Western Civilization I
HIST A102	*Western Civilization II
HIST A131	*History of United States
HIST A131	*History of United States
HIST A132	*History of United States

HUMAN SERVICES

HUMS A200	Intro Children's Behav Hlt

MEDICAL ASSISTING

MA A104	Essentials of Human Disease

MATHEMATICS

MATH A054	Prealgebra
MATH A055	Elementary Algebra
MATH A104	*Technical Mathematics
MATH A105	Intermediate Algebra
MATH A115	*Art of Mathematics
MATH A121	*Algebra for Mngrl & Soc S
MATH A151	*College Algebra for Calcu
MATH A152	*Trigonometry

MUSIC

MUS A121	*Music Appreciation

PARAMEDIC TECHNOLOGY

PMED A263	Paramedicine III
PMED A264	Clinical Rotation III
PMED A295	Paramedic Internship

PHILOSOPHY

PHIL A101	*Intro to Logic
PHIL A201	*Intro to Philosophy
PHIL A201	*Intro to Philosophy
PHIL A211	*Ancient & Medieval Philos

POLITICAL SCIENCE

PS A101	*Intro to American Governm
PS A101	*Intro to American Governm
PS A102	*Intro to Political Science
PS A102	*Intro to Political Science

PSYCHOLOGY

PSY A111	*Introduction to Psychology
PSY A150	*Lifespan Development

STATISTICS

STAT A200	*Elementary Statistics

THEATER

THR A121	*Fundamentals of Acting

VETERINARY ASSISTING

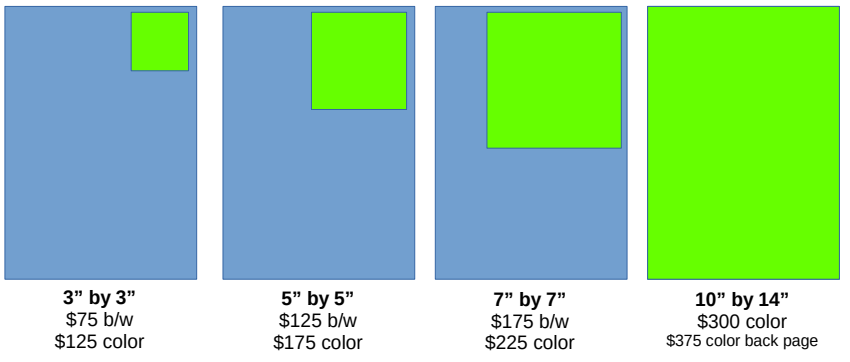
VETT A295	Veterinary Assistant Pract

Campus lost and found now housed at the library

Missing your ...

- **Keys?**
- **Phone?**
- **Jacket?**
- **Headphones?**
- **Flash drive?**
- **Other item?**

Just ask at the library desk -- your item might have been found!



Advertisers sought!

Advertising in the *Mat-Su Monitor* is an affordable way to reach a wide demographic. With a circulation of around 5,000, an educated readership, and affordable rates. For details contact mwmuer@alaska.edu or 907-745-9758.

ONLINE EVENT MARCH 1 - MAY 2

JCPENNEY SUIT-UP EVENT

TEXT ALASKA TO 67292 FOR 30% OFF

Join us for the JCPenney Suit-Up sale from March 1 - May 2, 2021. Participate virtually (www.jcpenney.com/m/suit-up) or at your local store! This exclusive shopping event is free for all UAA students, alumni, faculty and staff. Text ALASKA to 67292 to receive your 30% off coupon code valid March 1 - May 2, 2021.

Qualifying Coupon Items:

Men's: Suit separates, sport coats, dress shirts, dress trousers, ties and neckwear, dress shoes, dress socks, belts, underwear and undershirts, St. John's Bay pants, Dockers and Haggar pants, big and tall dress apparel, watches.

Women's: Worthington (jackets, pants, skirts, sweaters, knit and woven tops), Liz Clairborne (careerwear & collections), ALYX apparel, misses suits, dresses (contemporary, juniors', modern, misses', petites').

Plus discounts on intimate apparel, junior department items, accessories, and more! See site for details.

MONEY FOR COLLEGE

Scholarships for education in health and human services are now available for Mat-Su residents.

APPLY BEFORE MARCH 31

healthymatsu.org

MAT-SU HEALTH FOUNDATION

Sign Up For Handshake

- Discover jobs in personalized recommendations based on your major & interests
- Find career and networking events on campus
- Explore thousands of jobs and internships available to you
- Schedule appointments for support with resumes and cover letters, mock interviews, internship orientation, and career exploration
- Track deadlines and put your best self forward
- Connect with employers and meet your potential
- Managing your on-campus interviews with top companies, organizations, and on-campus employers
- Access through an easy to use, accessible online platform and mobile app

https://uaa.joinhandshake.com/

ONLINE EVENT | MARCH 1-MAY 2, 2021

UAA UNIVERSITY of ALASKA ANCHORAGE

Visit our updated MSMCS website for more information

Specialized Job Boards

- Alaska Department of Labor and Workforce Development
- My Next Move for Veterans
- Workplace Alaska – Alaska State Government Jobs
- USAJobs – Federal Government Jobs

On-Campus Jobs

Search and apply for on-campus positions through Careers at UA website. Refine your search by location and employment type.

For resume, cover letter, or mock interview contact your Career Development Advisor in Handshake.

MSMCS

MAT-SU MIDDLE COLLEGE

NOW ACCEPTING APPLICATIONS

GRADUATE HIGH SCHOOL WITH UP TO 60 CREDITS!

Priority application period: January 4TH - March 5TH

Family Information Night Webinar posted at https://www.matsuk12.us/domain/6968

Go to matsuk12.us/msm for more information!

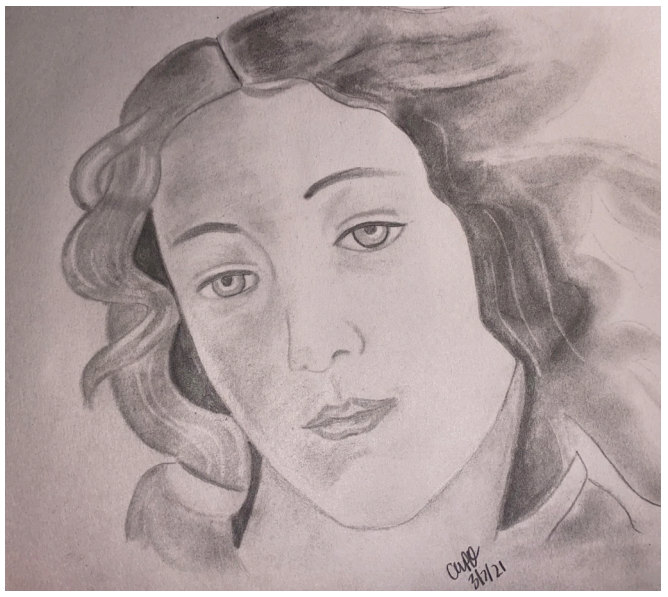
MATANUSKA-SUSITNA BOROUGH SCHOOL DISTRICT

or 907.761.3495
907.761.3498

MSM@matsuk12.us

www.matsuk12.us/msm

Venus Contour By Megan Ostlind



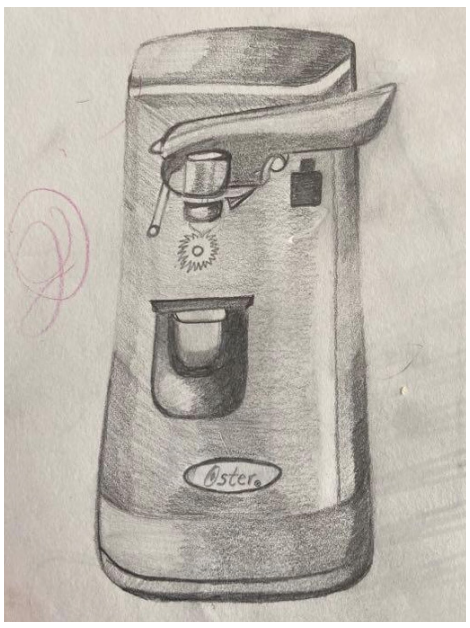
Venus Final by Megan Ostlind

By Emilie Provo

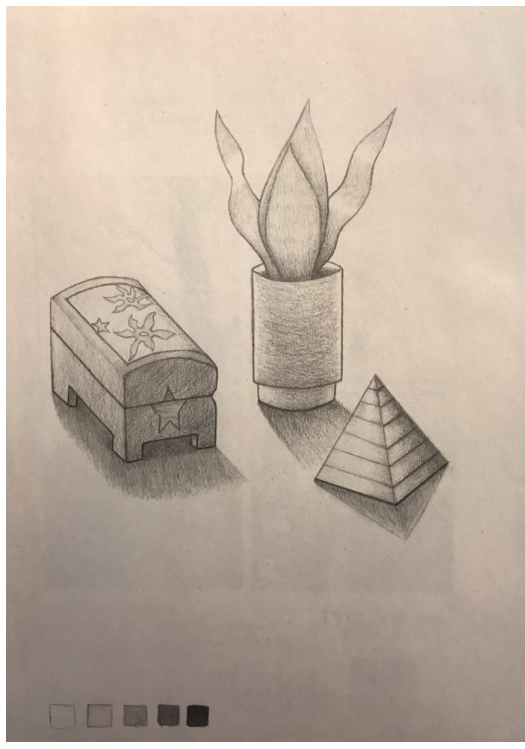
FROM THE STUDIO

Non-dominant hand Week 6
by Morgan Groendyke

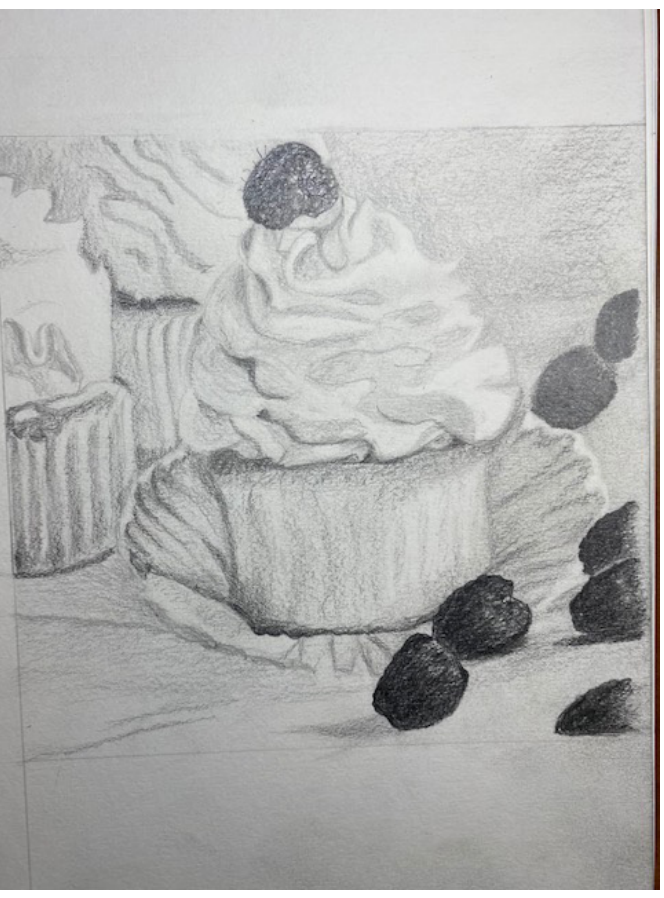
Week 6 by Morgan Groendyke



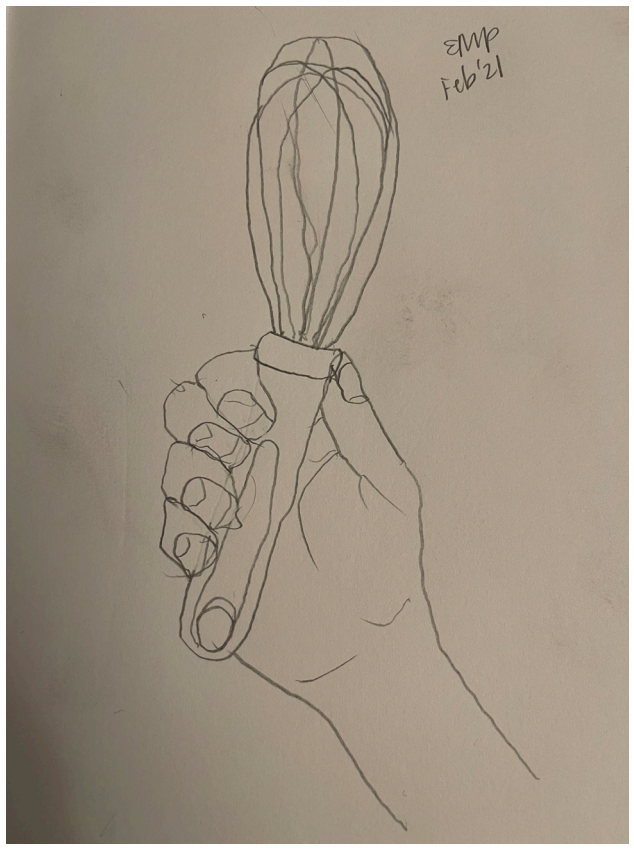
With shading by Morgan Groendyke



Still life shaded drawing by Skye Hulk



Cupcakes by Merry Duame



Non-dominant hand by Emilie Provo

Non-dominant hand by Emilie Provo

Top 8 *continued from page 2*

one is going to notice your absence, and I'm sure the professor will be able to keep up with who is in their class and who isn't in the midst of their busy work days. In fact, they probably will drop you from the class, but you have to pay for it anyway. When you find yourself short a few hundred dollars by the time June rolls around, don't worry about it. I'm sure you didn't need that money or anything. Your GPA will thank you for it, and you may be able to graduate college by some miracle… Eventually.

Disclaimer: The views and opinions presented in this piece are purely satirical and the advice therein should not be heeded.

These "tips" may not represent the views or opinions of the staff of the Mat-Su Monitor or of Mat-Su College. (Seriously, students, please don't do any of these things if you want to have a successful college career.)

Photographs by Mariah Elliot

Mat-Su College
University of Alaska Anchorage

2021 High School
Art Portfolio Competition

Open to all Alaska High School Seniors

Submission deadline: April. 20
Winners announced: April. 26
Show: April. 30-May. 30

Please take an entry form or see your counselor for complete competition details.

1st Place Award
Two semesters tuition scholarship

2nd Place Award
Six credit tuition scholarship

3rd Place Award
Certificate of Achievement

Honorable Mention
Certificate of Achievement

Opportunities Start Here!

MONEY FOR COLLEGE
Scholarships for education in health and human services are now available for Mat-Su residents.

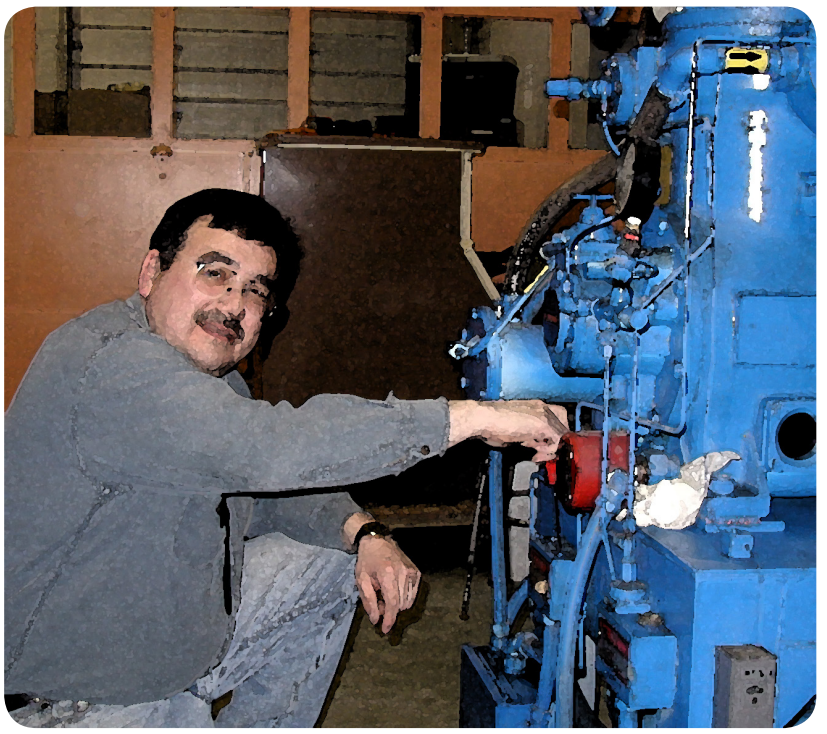
APPLY BEFORE MARCH 31
healthymatsu.org
MAT-SU HEALTH FOUNDATION

Due to Covid-19, many clubs at Mat-Su College are on pause. Any student who wants to start or continue a club in an online capacity is encouraged to contact Student Government at uaa_mscstudentgov@alaska.edu.

The Refrigeration & Heating program

The Refrigeration and Heating program teaches every aspect of HVAC: heating, refrigeration, applied physics, mathematics, electricity. Students learn technical skills to diagnose and repair commercial and residential heating, refrigeration, air-conditioning, and ventilation systems.

Develop an ability to understand complex systems through classwork and hands-on experience, including a sheet metal lab and fully functional ammonia refrigeration system. Graduates from the R&H program at MSC have many career opportunities, can specialize in specific areas, and often graduate with a job in hand.



Coming this Fall!

Spring 2021 tutoring

Math tutoring

- Monday, Tuesday, Wednesday: 9:30 AM to 5:00 PM
- Thursday: 9:30 AM to 2:00 PM.

Writing Tutor:

- Mondays and Wednesdays (Oliver): 9:30 AM to 5:00 PM.
- Tuesdays and Thursdays (Brooke): 9:30 AM to 5:00 PM.
- Fridays (Prof. Hirschmann): 10:00 AM to 1:00 PM.

To sign up for a tutoring session, visit https://www2.registerblast.com/matsu/Exam/List Use the "How to Schedule an Exam" link to get instructions.

$$$

Did you know, UAA | Mat-Su College has a Student Emergency Fund to provide financial assistance to Mat-Su | UAA students who have experienced temporary financial hardships? These hardships range from emergencies and crisis situations to unplanned major life events, such as sudden changes in employment as a result of COVID-19 on or after Dec. 27, 2021.

Students can submit an application on the Student Emergency Fund website: https://www.uaa.alaska.edu/students/dean-of-students/emergency-fund.cshtml

The Mat-Su College Journey Program offers a series of free events, activities, and wellness services for students, faculty, and staff. These opportunities introduce us to important discussions and help us learn how to implement strategies to stay healthy. Each month will offer an array of different topics.

My Mental Health: Do I need Help?

First, determine how much your symptoms interfere with your daily life.

Do I have mild symptoms that have lasted for less than 2 weeks?

Feeling a little down

Feeling down, but still able to do job, schoolwork, or housework

Some trouble sleeping

Feeling down, but still able to take care of yourself or take care of others

If so, here are some self-care activities that can help:

Exercising (e.g., aerobics, yoga)

Engaging in social contact (virtual or in person)

Getting adequate sleep on a regular schedule

Eating Healthy

Talking to a trusted friend or family member

Practicing meditation, relaxation, and mindfulness

If the symptom above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.

Do I have severe symptoms that have lasted 2 weeks or more?

Difficulty sleeping

Appetite changes that result in unwanted weight changes

Struggling to get out of bed in the morning because of mood

Difficulty concentrating

Loss of interest in things you usually find enjoyable

Unable to perform usual daily functions and responsibilities

Thoughts of death or self-harm

Seek professional help:

Psychotherapy (talk-therapy)—virtual or in person; individual, group or family

Medications

Brain stimulation therapies

For help finding treatment, visit www.nimh.nih.gov/findhelp.

If you are in a crisis, call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255), or text the Crisis Text Line (text HELLO to 741741).

Vote Here
POLLING
Is there a problem with Alaska's voting procedures? - 3/23/202
diabetes
Diabetes Prevention and Management - 3/24/2021
Welcoming diversity and building an environment in which everyone wants to belong.
NCBI Social Inclusion and Equity Half Day Exposure Workshop - 3/26/2021
Does the media promote or hinder justice? - 3/30/2021
EATING MORE VEGETABLES
Eating More Vegetables - 4/20/2021
UP COMING JOURNEY EVENTS. DON'T MISS OUT!

Ask Sophia

Welcome to Ask Sophia, the Mat-Su Monitor's regular advice column. If you have a question you'd like to see answered, submit it anonymous at https://matsu.alaska.edu/monitor or in the Ask Sophia box in the FSM front lobby.

Q. Dear Sophia: What do I used for my older dog's really bad breath? The vet gave me some doggie mouthwash but it only works for a short time.

A. Dear Friend: It can be a sign of an unhealthy mouth. Most of the time dog breath gets stinky because of gum disease. The best way to cure this is to brush their teeth. They even have special doggie toothpaste. You can also try doggie dental treats, doggie mouthwash or spike their water with a little bit of cider vinegar (up to 1T per day). Apple slices and carrot curls may also do the trick. If they have loose teeth or bleeding gums maybe it's time for a trip to the vet. Just be thankful they don't have dragon breath.

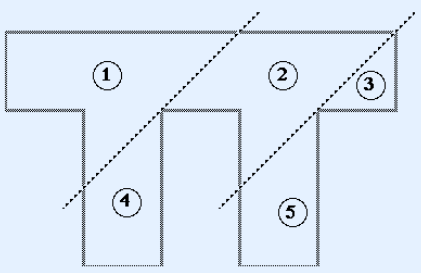
Q. Dear Sophia: I feel like I am stuck in my life. What should I do?

A. Dear Friend: It is hard to have a social life while battling a global pandemic. Getting outside could help lighten your mood. Physical exercise is good anytime. The more the better. Then maybe jump on that social media bandwagon and make some new friends.

Q. Dear Sophia: I am so lonely since I have been staying home 'cause of COVID. How do I keep from dying of loneliness?

A. Dear Friend: Take up a hobby. Start a DYI project. Re-organize your closet. Take a class. Write a letter (yes on paper) to a friend or family member you haven't seen in a while. Research your family tree.

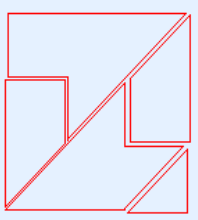
Cut up the Greek letter Pi below into five pieces as shown.



Re-arrange the five pieces to make a square.

Is there more than one way?

SOLUTION:



SUDOKU

Fill the grid with numbers so that each row, column and 3 x 3 section contains all of the digits 1 through 9.

					3			
	6			4			7	
	7			6				
		7	9			8		
8				5			1	
					4			
			7			6		
		1			2			5
6							9	

CAN YOU SOLVE THIS REBUS PUZZLE?

YYURYYUBICURYY4ME

ANSWER: too wise you are, too wise you be, I see you are too wise for me.

A four-foot-tall fortuneteller escaped from prison.
He was a small medium at large.

Did you hear about the guy who got hit in the head with a can of soda?
Luckily for him, it was a soft drink.

My brother quick his job as a can-crusher.
It was soda pressing

At first, I wasn't going to get a brain transplant, but then I changed my mind.

When a dog gave birth on the side of the road, she was fined for littering.

DON'T JUST SIT THERE!

P	E	G	A	P	U	O	C	E	D	K	O	O	C	G	A	Y
A	G	N	I	K	O	O	B	P	A	R	C	S	A	N	Q	H
I	S	A	W	T	M	G	G	G	M	E	S	W	L	I	U	P
N	S	T	R	A	N	N	N	A	G	L	W	A	L	D	A	A
T	E	F	G	A	I	I	C	I	A	N	R	K	I	A	S	R
I	H	I	Y	D	T	R	O	P	V	P	I	0	G	E	C	G
N	C	G	A	T	A	I	N	P	I	R	D	W	R	R	A	O
G	Q	E	I	M	V	E	U	N	E	U	A	U	A	H	P	T
N	B	N	E	P	P	F	G	G	J	L	T	C	P	I	E	R
I	K	G	N	I	L	R	U	C	I	P	D	F	H	K	D	A
V	O	L	U	N	T	E	E	R	L	B	N	E	Y	E	Z	C
I	C	R	O	C	H	E	T	U	R	O	C	K	E	T	R	Y
D	L	E	C	A	R	I	C	A	T	U	R	E	S	N	J	I
B	A	K	I	N	G	S	P	A	P	E	R	M	A	C	H	E
I	C	N	D	Z	E	Y	H	P	A	R	G	O	T	O	H	P
K	Y	I	C	C	I	M	A	G	I	R	O	O	K	E	R	Y
E	G	T	I	E	W	H	I	T	T	L	I	N	G	O	L	F

WORD SEARCH : Circle the words from the list below.

AQUASCAPE
BAKING
BEADING
BIKE
CALLIGRAPHY
CARICATURES
CARTOGRAPHY
CARVING
CHESS
COOK
CROCHET
CURLING
DANCE
DECOUPAGE
DIVING
GOLF
GUITAR
HIKE
ICE SCULPTURES
JUDO
KNITTING
LARPING
DRAWING
MACRAMÉ
MAGIC
NEEDLEPOINT
ORIGAMI
PAINTING
PAPER MACHE
PENPALS
PHOTOGRAPHY
READING
ROCKETRY
ROOKERY
SCRAPBOOKING
TINKER
VOLUNTEER
WHITTLING

Here's how it works: A R C T I C D R A G O N
is B S D U J D E S B H P O

One letter stands for another. In this example the letter B stands for the letter A so all the Bs stand for the letter A, Ds stand for C, etc. Single letters, apostrophes, and word length are all clues. The code letters are different for every puzzle.

N F D G Q H C N P I L O M C R H G K, N F D G

M C R H G K D K Q H C N P I L O I, D H L N F C

L I M A L I K. ~ J I H G F D E C F A D E D C B A

Super Mario 3D World: Bowser's Fury

A Purrfectly Clawsome Cattastic Adventure UwU

By Arin Tanpke

When I initially picked up Super Mario 3D World + Bowser's Fury I had one thing in mind: The fact that there was a cat powerup. So it became my mission to play the entire game as a cat, and nothing could stop me. Nintendo realizes how cat crazy we as a society are, and they make it very easy to get cat power-ups in 3D World. Every level has at least 3 boxes containing the cat bell power-up and you can even stockpile an extra cat bell in case you lose yours. This dynamic has kept my dream of completing the game as a cat alive. But what could make this adventure even better? More cats. Which is what Nintendo has provided with the new adventure, Bowser's Fury. Almost every single creature, enemy, and object in Lake Lapcat is part cat. Goombas are furry, with cat ears and tails. Flowers are shaped like paws and shrubs have cat ears; not to mention the new clowder of kitty friends you can find along the way. Bright colored kittens who will approach Cat Mario and start purring and snuggling if he sits idle for too long, momma calico kitty looking for her lost kittens, and even the evil fury kittens when Bowser is rampaging make me want to pick them up and snuggle them.

Bowser's Fury is much more contemporary-feeling. Gone is the concept of lives, and the fixed perspective, replaced by an open world with full camera control. The other playable characters have also been jettisoned, but Mario is joined by Bowser Jr. and together they're trying to save the new setting of Lake Lapcat from a malevolent black goop that has taken hold of the Koopa King. The most significant mechanic tied to this setup is that every few minutes Bowser explodes with fury, sending the world into an apocalyptic storm in which glowing blocks drop from the sky and his towering form breathes sweeping jets of fire, decimating anything in their path – occasionally including the frame rate. This rage state will subside in a few minutes, but can also be overcome by directly confronting Bowser or by reaching a Cat Shine – the game's main collectable. Most of these are found at the lighthouses dotted about the world.

After the lake reverts back to sunshine and blue skies, Bowser settles back down into the muck, but soon begins to slowly rise up, giving you a visual indication of how close he is to unleashing his fury once again. It's an interesting mechanic given that we're accustomed to open worlds that largely let us set our own pace and agenda. Here, however, Bowser's Fury is unleashed so regularly that you have to be ready to deal with it at almost any time. It's not always welcome – occasionally ruining whatever you were doing – but can be used to your advantage. Blocks with Bowser's face on them can only be destroyed by his furious fire breath, for instance, while the blocks that drop from the sky can actually make platforming challenges easier in the midst of the maelstrom. It's quite cool seeing how the world is reinvented whenever Bowser blows his top. That said, I did get a little tired of the constant interruptions, and if you're not within easy reach of a Shine, it quickly becomes apparent that fighting Bowser is an extremely repetitive way to restore the world. This battle is heavy on Godzilla vibes but extremely light on excitement and gameplay. It doesn't evolve much over the course of Bowser's Fury, either, and is really just the icing on a pretty half-baked cake as far as bosses are concerned. In 3D World in particular they're about as gripping as a book written entirely in Lorem Ipsum.

King Koopa's role may be a mixed blessing in Bowser's Fury, but Bowser Jr. is absolutely a net positive. Younger players can set him to help them by taking out enemies and collecting coins, while purists can turn that off altogether, only using Bowser Jr. when they direct him using the gyro functionality. His main abilities are interacting with question mark walls and being Mario's power-up caddy. It's this latter function that really elevates Bowser's Fury, as it lets you stockpile power-ups and call on him to deliver specific suits as you need them. It turns bonus abilities into tools you can experiment with and use as you see fit, and is much more player friendly than the system in 3D World.

Each lighthouse on Lake Lapcat plays host to five Shines, and the layout around each location changes depending on the Shine you're gunning for. It's a familiar system, but a good way to pack more gameplay into a small area. The moment to moment action, however, doesn't contain too many surprises; you'll be using the same power-ups and suits from 3D World, and a number of challenge types are repeated across the archipelago. That said, the world steadily opens up as you make progress, so there are always new locations or edges of the map to explore. Getting around is good fun, too, thanks to the ability to hitch a ride with the dinosaur Plessie any time you're near water. Which is all the time.

I enjoyed my time with Bowser's Fury. This is a Mario title driven more by gimmicks than gameplay. It's all extremely silly, and I'll be the first to admit that it does give the game a fun flavor, but it doesn't add anything in terms of gameplay, and that's surprising. The best Mario games take their goofy ideas and tie them into core mechanics that directly impact puzzles and platforming. Here, it's largely window dressing.

Congratulations to the Graduating Class of 2021

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